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## RECIPE OF THE WEEK

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# Slow Roasted Pork Belly with Black Pudding Mash & Mustard

Sara went to eat at Tom Kerridge's gastrobar in Marlow and came back saying it was the best lunch she had eaten in Britain. This is one of his recipes and it works just as well at home and doesn't take cheffy skills although he cures the pork as I teach my *Curing & Smoking at Home*



students. 'Curing' is cooking without the heat so you reduce the hydration of the meat which concentrates the flavour and makes for good crackling. It's a simple method that works.

*1.5 - 2kg boned pork belly or shoulder*  
*onions*  
*200ml Dowbridge Catthorpe Bitter*  
*500ml chicken stock*  
*2 cloves chopped garlic*  
*2 tbsps Sara's wholegrain honey mustard*  
*1 tbsps Coleman's English mustard*

*for the brine*  
*1 litre water*  
*150g Demerara sugar*  
*1 tbsps black peppercorns, cracked*  
*sprig of thyme*  
*2 cloves*  
*1 or 2 bay leaves*  
*for the mashed potatoes*  
*4 or 5 large potatoes*  
*100ml double cream*  
*100ml milk*  
*100g butter*  
*200g diced black pudding, chilled and cubed*

Make the brine in a pan by warming the water and dissolving the sugar. Set to cool in a plastic container just large enough to take the pork belly. When cool, pop in the pork and cover in the fridge for 24 to 48hrs to cure. When cured, rinse the belly and towel dry. Score with a Stanley knife (which gives better crackling).

Preheat your oven to 150°C/130°C fan oven/gas mark 2. Pop the belly onto a baking rack over a tray and slow roast for 2 1/2 - 3hrs until crisp and golden - you may need to bump up the temperature to 180°C at the end to get the crackling or you can use a blow torch.

Once you have put the belly in the oven prepare the potatoes and place in the oven with the pork. When done, scoop out the insides and put in a potato ricer or mash with the back of a fork in an ovenproof bowl. Melt the butter in a pan and, as it melts, add the cream and milk stirring all the while. In a separate skillet sauté the black pudding cubes. Fold into the

mash with the cream mix and cover with foil and return to the oven to keep warm. To make the gravy, sauté the onions until softened then add the beer, turn up the heat and reduce until it thickens. Add the chicken stock a bit at a time and reduce then stir in the two mustards before pouring into a warmed gravy boat to serve with the pork and mash. Serves 4.

To download this recipe go to [www.squisito-deli.co.uk](http://www.squisito-deli.co.uk)

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